

# Dolphin Assisted Therapy

## ADVANCED TRAINING COURSE



***This therapeutic and psychological-scientific advanced training course offers professionals the qualification of the „Animal-Assisted-Therapist“ with the focus on the Dolphin-Assisted-Therapy with the concept of Alpha-Therapy***

Dolphin Assisted Therapy (DAT) is a therapeutic discipline of Animal Assisted Therapy that uses dolphins in a therapeutic treatment process. Encounters with dolphins are reported since ancient times, however dolphins have become a subject to science not before John Lilly started his studies on dolphin anatomy and human/dolphin interaction in the 1960s (Lilly, 1967, 1978). Horace Dobbs (Dobbs, 1977) and Dave Nathanson (Nathanson, 1989) founded then DAT. Until today a whole variety of DAT-centers have come to existence around the world and provide treatments for a wide spectrum of disabilities and psychological disorders. But also programs for individuals who are seeking personal growth and inspiration in life based on dolphin interaction have become increasingly popular.

The DAT- Advanced training course is a time effective one-semester education that provides with basic Animal Assisted Therapy and advanced DAT qualifications and enables the participation at the DOLPHINSWIM Franchise program. It contains theoretical and supervised practical units. The theoretical module takes place in Austria and covers the history and theoretic principals of Animal Assisted Therapy and DAT, zoological knowledge about dolphins, marine mammal conservation and ethics of the employment of marine mammals, contributions from research of dolphins in the wild and under human care, the main DAT-therapy concepts and centers, DAT in comparison to other animal assisted therapies, basics of interdisciplinary teamwork and therapist-parental communication. The 4-week practical course takes place at the DAT-therapy center in Antalya, Turkey and offers practical training and supervision at the ongoing therapies.

### **Objective:**

Qualification of the certified Dolphin Assisted Therapist

### **Education Staff:**

Mag. Norbert Trompisch, Therapists and Trainers of the Alpha-Therapy DAT Team.

Norbert Trompisch works since 1997 with dolphins and founded one of the first European Dolphin Therapy Centers, now operating at DolphinLand Antalya. Since the year 2000 he has been offering a unique DAT-program called “Alpha-Therapy” in various locations. As a master of Psychology he is active in DAT related research since more than 10 years and lecturer at the masterstudy program for animal assisted therapy at the University of Barcelona, Spain.



## Requirements for participation

This program is open to participants coming from one of these professional backgrounds either already graduated or in progressed education:

- Psychotherapists, Occupational Therapists, Physiotherapists, Speechtherapists, Kindergarden Teachers, Nurses, Shiatsu- and Craniosacrotherapists
- Psychologists, Pedagogues, Special Education Teachers, Medical Doctors, Professionals in Social Counseling, etc.
- Applicants with longterm practical experience with one or more targetgroups of DAT, for example as care-takers of people with special needs
- Dolphintrainers

For admission to the DAT-training course applicants must send in their application documents containing a cover letter and curriculum vitae with actual photo. The course language is English and German.

## Requirements for successful Graduation

- Successful participation of both training modules.
- Positive results of the written exam at the theory module.
- Successful participation at the supervised practical module.
- Composition of a 15-page thesis or 1h final presentation

## Dolphinswim Franchise program

Participants who have met all these requirements during the education receive a diploma as a certified Dolphin Therapist according to the concept of Alpha-Therapy and thereby entry to the DOLPHINSWIM Franchise program. This program supports its members at the acquisition of their own clients and provides with the opportunity to carry out therapies of its own at the Dolphinswim DAT-Center in Antalya. Members of this program are allowed to represent the brand "Alpha-Therapy" and to use the Dolphinswim marketing tools, such as brochures, website, presentation video, etc. and a shared internal knowledge base. It also opens the opportunity to become an independent sales representative for DOLPHINSWIM programs and services.



# Curriculum DAT training course

## Theory module

- Introduction and history of DAT and Alpha-Therapy
- Dolphins: Zoological basics, social behavior and intelligence of dolphins
- Ethics and animal welfare issues at Animal Assisted Therapy
- Introduction to the main DAT-concepts
- Introduction to the main therapy models supporting DAT
- Concept of the Alpha-Therapy
- DAT and science: Intro and the most important studies
- Introduction into the therapeutic and pedagogic concept of Alpha-Therapy: The cultural historical school as well as relevant psychotherapeutic concepts
- Practical Inputs on the daily routine in the Alpha-Therapy DAT-center in Antalya
- Communication with parents/care takers of DAT-clients with special needs
- Introduction into the Trauma-Processing model
- Handling practice at the indoor swimming pool in Spittal
- Schedule for the practical modules in Antalya (everyone should come up with two optional dates for the practical part)
- Written exam

## Practical Module

The practical module can be attended as a 4-week block or in 2 separate 2-week sequences. In the first two weeks the practical module offers the initial experience of DAT in practice. The participants are incorporated into real therapy processes in different ways by observation and assistance of the Dolphin Therapists in charge. All activities are reflected in supervision sessions within the team.

### Week 1+2: Exercises of students include:

- Observation of DAT from the platform
- Assistance of the parents at the preparations for and after the DAT-session (getting changed, showering etc.)
- Assistance of the DAT-Therapist during the DAT session: Handing swimming aids, handling of the client inside and outside the pool
- Dolphin handling experience by accompanying siblings and parents of our clients in the pool.



### Therapy observations at the supporting therapy units in the room:

After the DAT-Session clients receive a therapy session in the therapy room. These 30 min. sessions aim to reflect and utilize the experiences at the DAT session on the present day and take place in a one on one setting. Students can attend these sessions as observers after having obtained permission by the therapist.

## Practical module week 3 + 4

Training inside the pool with dolphins and clients. Objective of the second part of practical module is to gain confidence at the therapeutic interactions with the dolphins and the clients together. Step by step and under supervision the students learn to handle clients during DAT sessions. At conclusion of the practical training students perform a DAT-session on their own. During this module the participants gather all necessary information needed to prepare the thesis. The education principals accompany this process.



## Schedule and costs

- **Theory module in Spittal**, Kärnten, Austria on the optional dates: **22.7.-29.7.2017, 10.3.-17.3.2018 und 21.7.-28.7.2018**  
Snacks and accommodation (with own sleeping-bag) at the seminar house are included. Those ones who require hotel standard we recommend Pension Brückenwirt, +4347622772 (rates start at EUR 30.- per night), Hacienda Mexicana. ([www.hacienda-mexicana.at](http://www.hacienda-mexicana.at)) or the beautiful Lagerhof ([www.laggerhof.com](http://www.laggerhof.com)) located directly at the Millstätter lake (15min. drive from the seminarhouse).
- **Practical modules:** Students usually attend the practical module in the half-year after having attended the theory course. Costs for accommodations and food are not included. We can offer reasonable acomodations near DolphinLand starting from EUR 450.- per month.
- **Admission: EUR 2500.-**  
Modalities of payment: EUR 150.- at registration, EUR 690.- 2 weeks prior theory seminar, EUR 1660.- 2 weeks prior practical training. The prices do not include travel expenses (airline tickets).

## Registration procedure

If you meet the requirements for application you send your cover letter and CV (include. Photo) to [office@dolphinswim.net](mailto:office@dolphinswim.net) and sign up for the course on our website [www.dolphinswim.net](http://www.dolphinswim.net). You will receive a confirmation and invoice. Your initial payment of EUR 150.- secures your space.

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